

GENERAL CAUTIONS
IN THE
CURE of FEVERS,
VIZ.

Inflammatory,
Intermitting,
Slow, Nervous, and
Hysteric,
Putrid, Malignant, and
Miliary Fevers.

Small-Pox;
Measles,
Pleurisy,
True and Spurious
Peripneumonies.

Calculated to supply the Want of a regular medical Education, and an extensive Reading on these Subjects.

By the Rev. G. ETHERINGTON, LL. B.

L O N D O N:

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On the 1st of July, 1891, the first of the
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lectures were given on the 8th, 15th, 22nd, 29th, and 5th of August.

NOTHING TO REPORT

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(vi)
T H E

P R E F A C E.

THE Intention of the following Performance, is to shew, in a concise and familiar Manner, the several Cautions to be observed in acute Disorders. I have taken my best Sentiments from the most valuable Authors, particularly, Hippocrates, Boerhaave, and Huxham; and tho' I found Plenty of Materials, my greatest Difficulty was how to arrange them. I have consulted Nature, and studied Perspicuity, in order to be of Service in those Places where a Physician is not to be had, in Part to supply the Defect of a Liberal Education,

and to do some Good, by preventing much Harm. I cannot acquit this *Work of Faults*, and allow it capable of great Improvements: Nevertheless, if this Specimen is acceptable, the World shall quickly hear from me again; if unacceptable, I have said enough.

GENERAL

GENERAL CAUTIONS
IN THE
CURE of FEVERS.

CHAP. I.

Of an inflammatory, or ardent Fever.

1. **I**T is a common Observation, that a Fever is an Instrument of Nature, by which she endeavours to free the Body from something that is hurtful; therefore Physicians, of the greatest Repute in Practice, are not always so much solicitous about removing the Fever, as in keeping it under a due Moderation only, that it may be neither too violent nor too languid.

2. Sydenham has taught, in many Parts of his Works, what unhappy Effects attended when the Fever, by too stimulating Remedies,

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was raised too much, or by too much lowering it in the contrary Method, by Bleeding, Purges, Clysters, and the like, so frequently repeated, as to depress, and even to destroy, the Patient's Strength, together with that of the Disease. For, by the former Method, inflammatory Fevers are soon rendered fatal; but, by the latter, Fevers, which often seem subdued, return again, after a deceitful Truce, and sometimes even continue stubborn for forty Days and longer; whereas, if they had been rightly treated, they might have run thro' their whole Course in the Space of a Fortnight.

3. Nevertheless the Neglect of proper Bleeding, in the Beginning of this Distemper, is a Fault not to be compensated in all the following Stages. For if this most salutary Evacuation be omitted, the Plethora will increase, the Blood and Lymph will grow more acrid and fizy, and the smallest Vessels may be so far distended, as to bring on Deliria, Distractions of the Nerves, Inflammations of the Viscera, &c.

4. And

4. And although the Circulation and Temperature of the Blood is, in Part, indicated by the Pulse; yet, here let the less experienced take Care that they are not deceived by what is called an oppressed Pulse, which is often the Consequence of too great a Fulness of Blood; this is manifest by the Vibrations of the Artery becoming more free and strong after Bleeding, as daily Experience evinces. If they are doubtful in the Case, let them apply their Fingers to the Pulse in the other Arm, while the Patient is bleeding, and if they find it flag considerably, flutter or intermit, it is Time to desist; if it beats stronger and more open, they may proceed with Safety.

5. Some, from a natural Laxity of the Fibres, and the Want of that due Elasticity, which should contract the Vessels in Proportion to the Evacuation, are apt to faint on Bleeding; to prevent this, a recumbent Posture, or stopping the Orifice for a short Time, is ordered: Yet these Persons are often plethoric, and, of Course, may require

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Bleeding, especially where the Load of Humours begins to over-bear the Power of the Heart, which is the common Case in an oppressed Pulse.

6. Fainting on Bleeding causes a very great Relaxation; therefore, when a Person, of a very tense Habit, is seized with this Fever, we need not be very solicitous to prevent this Effect.

7. In general, the Quantity of Blood to be taken away is to be determined by the Strength of the Patient and his Pulse; by the Intensity of his Fever, Heat, and the Vehemence of the Symptoms, as to Pain, Difficulty of Breathing, &c. — It is safer, however, to take away too little, than too much at a Time, as the Operation may be so soon and so easily repeated. If the Pain, Heat, and Difficulty of Breathing abate not after Bleeding, it shews the Necessity of drawing more Blood.

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8. Sometimes after all the regular and common Methods have been used, and there are certain Signs, persuading that further Venæsection will be prejudicial, or at least dangerous; and, in the mean Time, there are urgent Symptoms, not easily to be subdued by any other Remedy: As, for Example; a pleuritic Pain, or a violent burning Heat in the Head, a suffocating Quinsy, &c.— In these Cases the Lancet may be used, but in the Presence of the Physician, (or, in his Absence, with particular Care and Circumspection) that the Vein may be closed, as soon as that Symptom is relieved; being careful at the same Time to pre-admonish the Patient's Friends of the great Danger which attends that Remedy; but that inevitable Death is at Hand, unless it be tried.

9. And it is to be further observed, that when the Blood begins to pass with Difficulty through the finallest Vessels of the vital Viscera, there is indeed a burning Heat about the Præcordia, or Hypochondria, but, at the same Time, a Coldness attends about the

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Extremities; Symptoms from which we may infer, that then only a small Quantity of Blood is propelled to them, while almost the intire Mass is collected in the arterial System. If at that Time a Vein is opened, the very little Blood will be removed, which is able to pass from the Arteries into the Veins; and by which only then Life is supported; in such a Case, therefore, there will be the greatest Danger that Blood-letting will rather occasion the Death, than the Recovery of the Patient.

10. This Disease is sometimes terminated by a profuse Bleeding from the Nose, which must not be suppressed too early or unseasonably from an ill-grounded Fear: For as long as the Pulse continues full, with an Heat extending to the Extremities, and a red Colour in the Face and Lips, there is no Danger; but when the Pulse begins to be unstable, with a Paleness in the Countenance, and the Veins collapse, we know that the Flux of Blood ought then to be stopt.

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11. The Piles or the menstrual Discharge are useful, when a Person is delirious in the Increase of this Fever; when the Vessels are distended with too great a Quantity of Blood, or when the Force of the Circulation is too violent, and a Revulsion of the Humours is necessary to be made from the Head. But when, in the End, this Symptom continues, and the Disease has almost exhausted the Patient's Strength, all Evacuations are then highly prejudicial. But a weak and small Pulse, slight Heat and Collapsion of the Vessels readily denote that, in the present Case, such Evacuations are not to be encouraged.

12. When the Lentor renders the Circulation of the Blood difficult and unequal thro' the Vessels of the Brain, all the Functions of that Viscus may be disturbed, and a Trembling may come upon the Patient; in this Case, repeated Bleeding, with mild diluting Clysters, cooling Purges, and a thin Diet, &c. are of the greatest Use. But towards the Conclusion, when the Body is wasted by the Disease and preceding Evacuations,

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cuations, these Remedies will increase the Cause of the Trembling, (*viz.* too great Inanition) and bring on Consequences certainly pernicious. Flesh Broths, a moderate Use of Wine, with Frictions, Exercise of Body proportion'd to the Patient's Strength, corroborating and stimulating Cordials, &c. are then of the most Service, when, in the first Case, they would have been very detrimental; so that we ought carefully to attend to the Time of the Disease, wherein this Symptom happens.

13. Some have endeavoured to repress the Vomitings, in the Beginning of an ardent Fever, with Salt of Wormwood Draughts, by which they have precipitated the Destruction of their Patients: For it is plain that Nature's Aim, in ejecting so much acrid, sharp, irritating Matter, is to prevent it from being absorbed into the Blood.

14. When, in this Disorder, a Person is seized with Convulsions from too great a Quantity of Bile fluctuating about the Præcordia,

cordia, and disturbing the Actions of the Brain, a Vomit given soon removes that Symptom; but when the same arises from the impervious Blood urged into the cortical Substance of the Brain, a Vomit given then would increase the Disorder, since we plainly see that, in the Action of Vomiting, the Blood is urged with a greater Force to the Head.

15. A gentle lenient Purge, more effectually to cleanse the intestinal Canal of the putrid Matter that may be lodged in it, is often, after the Vomit, thought necessary. But such should be given as act only upon the first Passages. All active or drastic Purges are very pernicious, and so are all the aloëtic Tinctures, Pills, &c. Indeed only Laxatives are allowable; for Purging is certainly hurtful, as it drains off too much of the lymphatic Part of the Blood, and thickens the Remainder.

16. When Spots appear upon the Skin, take Care how you make any Efforts upon

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the first Passages, because if you should repel the Matter back again into the Blood, Anguish, Difficulty of Breathing, extream Prostration of Spirits, Delirium, and Convulsions, commonly follow.

17. Emollient Clysters are often prescribed in this Disease, and are generally of great Service. But Care must be taken when they are administered, that the Liquors used for the Clysters are neither too hot nor too cold, but tepid or moderately warm; for the Intestines are much injured by Liquors very hot or cold.

18. Just after a Patient has been bled largely, it is not uncommon to see him immediately blistered, and then put under a Course of hot Alexipharmac Boluses, Cordials, &c.

Bleeding is certainly right in the Beginning, but making use of hot and stimulating Remedies immediately after that Operation, is like pulling out Part of a great Fire, and then

then directly throwing upon the Remainder Oil, Pitch, and Tar, in order to put it intirely out.

19. Therefore all Alcaline Salts must be dangerous Medicines in this Disease, as they are thought to have a Power of immediately rendering our native Salts of a sharp, pungent Nature, turning our half-fixed Salts into such as are truly volatile, and those that were before of a benign and gentle Nature, into such as are fiery; those that were neutral and innocent into such as are corrosive, &c. On which Account they act like Poison in all such Distempers, where the animal Salts and Oils are too much attenuated and exalted.

20. The learn'd *Willis* observes, That Medicines, which too much exagitate the Blood, are to be shunned in this Fever, with the same Industry as Blasts of Wind to burning Houses. And, indeed, if we consider the Mechanism of the Body, the Nature of the Disease, and the Properties of Medicines, we

shall soon find it impossible for hot, acrid, spirituous, volatile Medicines, to be of any Service in the Beginning and Increment of this Disease; and seldom or never in the Height, unless the vital Powers begin to flag, and the Strength of the Body is not sufficient to bring on a Crisis without such Helps.

21. Many agree in giving Sudorifics, because they observe that Nature often relieves herself the fourteenth Day by sweating, and thence fall into this wretched Practice of giving hot and drying Things, to the Destruction of many: For, by this Method, the thinnest Part of the Blood is drained off, and the Remainder is left too thick, viscid, and apt to obstruct.

22. It is to be observed in Regard to Dilution, that it will be of little Service without Bleeding before-hand. As to the Manner of it, the Sick should be allowed to drink as freely, and as often as they please, but not forced to load their Stomachs with too large Draughts

Draughts at a Time, which create a Nausea, Indigestion, and Wind, with great Anxiety and Restlessness; and, in the Event, Purging and Vomiting.

23. For the most part it is thought convenient to add Nitre to the Patient's cooling Decoction, and, in a proper Quantity, it is of the utmost Use; but if given too liberally it may increase the Motion of the Humours, which is already too great, by its saline Stimulus.

24. Cold Drink is here condemned as very pernicious, because cold Drink, if drank plentifully, contracts the adjacent intercostal and diaphragmatic Vessels, as it passes down through the Gullet into the Stomach; and that, when it is arrived in the Stomach, may, by its Coldness, do great Mischief to the Liver, which is incumbent on the Stomach with the Vena Cava, and Venous Sinus, which are so near. And since our Blood immediately congeals from being put in

in cold Water, the Reason is evident, why cold Drink is to be avoided.

25. And if the cold Air, being suddenly admitted, so much injures the Body when heated, that Sydenham thence judges, that more have perished by that, than the Sword or Plague; what Dangers may we not fear, when cold Drink is immediately applied to the internal Parts greatly heated in a Fever? But as Air grows hot so much sooner than Water, and yet often tends to introduce an inflammatory Thickness in the Blood by its Coldness in acute Fevers, much more readily will the Blood be congealed by the sudden Cold of watry Drinks. — (The most fatal Pleurifies, Peripneumonies, and sudden Death, have followed, when People, being much heated, have drank liberally of cold Liquors, as we are assured from numerous Observations in the History of Physic.)

26. As Blisters throw an acrid Salt into the Blood, and greatly stimulate the Fibres, they are very improper, at least in the Increase

crease of this Fever; notwithstanding the Head and Nerves should be much affected; for those who are delirious with an acute Fever, and parched Tongue, die quickly upon the Application of blistering Plaisters, (says *Baglivi*) and most of them are seized with Convulsions before they die.

27. In the early Days of this Disease, all Narcotics or Soporifics, of which Opium, with its several Preparations, is the Chief, are destructive Medicines; there being no one Drug yet known, which, in so small a Quantity, affects the Brain and Nerves like Opium. We ought then particularly to avoid giving it in the Beginning of ardent Fevers, let the Patient be never so restless and uneasy, because the Membranes, and nervous Fibres of the Brain, are at such Times too tense and contracted to give Way to a Relaxation necessary for Sleep; so that, instead of Rest, the Sick will be delirious and frantic.—(Several Persons have been known to die raving mad, by the unskilful Administration of an Opiate in acute Disorders.)

28. A pure cool Air should be frequently and cautiously renewed in the Patient's Lodging Room, (for since, in such Patients, there are continually a Sort of putrid Exhalations escaping from the Body, the Air of the Apartment will in a little Time be filled, and rendered foul with those Vapours) and unless this is done, the miserable Patient is obliged to breathe such infected Air to his great Damage.

29. Only one Thing remains to be remarked, that the Nourishment taken in ought to be of a contrary Nature to that of the Disease. Thus, for Example; if a Person, ill of this Disease, is taken with a profuse Hæmorrhage of the Nose, so as to lose almost all his Strength; in that Case Decoctions of Bread, with the Juice of Citrons, Oranges, Rhenish Wine, &c. will supply proper Matter for filling the Body, since here the Humours naturally incline to turn putrid. On the contrary, if a weakly Woman has lost a great Quantity of Blood by

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Miscarriage, Flesh Broths are preferable to other Nourishments.

C H A P. II.

Of an Intermitting Fever.

I. **W**E may, in Part, judge of the Nature of this Disease from the Causes that produce it, which may be profuse Hæmorrhages, Diarrhœas, or any large Evacuations from the Blood and Lymph, that drain the Vessels, relax the Fibres, and dispose the remaining Juices to be viscid, &c. From hence it appears, that we cannot too often caution People against the absurd Customs of Bleeding and Purging by Way of Prevention, since we frequently see that they bring on Diseases instead of confirming Health. And to every Man of common Sense it must seem as unreasonable, for a Person who is well, to bleed and purge every Spring and Fall to prevent Disorders, as it would be for one to alter the chief Springs
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and Movements of his Watch to make it go better, or continue to go right, which went perfectly well before.

2. In a Word ; whatever takes down the Spring of the Fibres, and weakens the Crasis of the Blood, as improper Evacuations by Bleeding and Purging, &c. may make Intermittents very irregular, obstinate, and dangerous ; and cause them frequently to degenerate into malignant, putrid, or slow Fevers, otherwise they end in Dropsies, Jaundice, or universal Obstructions of the Viscera of the Abdomen, and sometimes in Disorders of the nervous Kind.—And more especially these Mischiefs will be produced, when due Perspiration is often obstructed by cold damp Air, or viscid Food.

3. And by the above Means likewise not only more violent Fits of Quartan are brought on, but a simple Quartan is turned into a double or triplicate one ; as we may be taught from daily Observations in Practice.

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4. Yet Bleeding may be sometimes proper to lessen the Quantity of Blood in the larger Vessels, to prevent Inflammations fixing upon any of the Viscera, and to promote a Crisis.—But where the Symptoms are not desperate, where the Pains are neither fixed nor acute, and where you have no Reason to suspect a plethoric State, there taking away Blood will be detrimental, as it will reduce the Strength of the Body, by abstracting from the Quantity of the Blood, which was not too great before.

5. Vernal Fevers of this Sort sometimes incline to an inflammatory State; and then Bleeding and proper Purging may be necessary; but in the Autumnal, if these Methods are pursued, they become worse, and are generally protracted during the Winter.

6. Indeed it is observable, that some epidemic Agues, in some Constitutions, at first put on the Appearance of ardent Fevers, and then break into Quotidians or Tertians; and it is not uncommon for a Quotidian or

Tertian to be changed by a very hot Regimen at the Beginning, into an inflammatory Fever, with Phrenzy, Pleurisy, or Peripneumony : And yet how often do we see the common People, without Fear, swallowing large Quantities of the hottest Spices and vinous Spirits, as Brandy, Pepper, &c. in order to cure this Disease?

7. At the Beginning, when the Signs denote a Redundancy of morbid Humours in the first Passages, after a Purge or a Vomit given, they will be removed or greatly lessened : But if it has been tried once or twice in vain, what can be done by the Stimulus of such Medicines ? It will be proper to abstain from the further Use of them, as they will only then tend to weaken the Body to no Purpose.

8. And it may be further noted, That as nothing is more effectual in curing Agues than well-timed Vomits ; so previous Bleeding makes them much more safe in full sanguine Habits, especially when given in the
Fit;

Fit; which is frequently practised with great Success.

9. The Dilution, necessary in this Disorder, is to be carried on, without large Quantities of Liquors; which, however smooth and lenient, will require some Force to assimilate them; and by further dilating and distending the larger pervious Vessels, they will aggravate the Symptoms, and prolong the Fit.

10. And here altho' lenient Clysters may be proper, where the Body is very costive, yet they should be by no Means repeated often, because a constant Drain this Way would retard the Crisis, by rendering the Blood more fizy, and reducing the Power of the Solids.

11. I have known some go into the cold Bath, immediately before the Fit, in order to cure this Malady; but if the Patient be weak, the Water very cold, and the Continuance in it long, he may die in the Bath,

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as a weak Patient may in the cold Fit of an Ague; which commonly happens when the Disease proves mortal, the Heart not being able to overcome the Resistance.

12. Sometimes this Fever puts on the Appearance of such as are continual, and yet belongs to the Tribe of Intermittents. And here, in most Respects, we are to treat it, as though it was an acute continual Fever; and, above all Things, take Care how we exhibit the Bark till the Intermission is regular, and lasts some Hours with an even steady Pulse, and a thick lateritious Sedi-ment in the Urine.

13. Fatal Effects have been frequently seen from giving the Bark too soon, or where there has been only a Remission of the Fever for a few Hours, without an Abatement of the bad Symptoms. And if we consider that the Viscera are loaded with a heavy pituitous Matter; that the capillary, sanguine, and lymphatic Arteries are stufed with sizy Blood and Lymph; and that neither of these

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Impediments are perfectly removed, when there is only a Remission of the Fever, it will evidently appear that the Administration of the Bark must necessarily be attended with the utmost Danger; for to constringe the Vessels and lessen their Diameters, whilst a Lensor is existing in the Blood and Lymph, can never be attended with Success.

14. And altho' the greatest Circumspection is necessary, in regard to the Constitution and particular Circumstances of the Patient, the Dose, Time, and Manner of giving the Bark; yet the most Ignorant take upon themselves to order this powerful Medicine, without any Sort of Caution: Hence we often see the worst chronical Diseases remain after this Fever has been removed by the *Peruvian Bark*, because the Lensor was not removed at the same Time that the Fever was.

15. We ought not therefore to be too hasty in giving the Bark or Chalybeats, where the Patient has a Yellowness in his Countenance,

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nance, a hard Abdomen, and costive Habit of Body, lest these Astringents should more powerfully fix the Obstructions that are already formed.

16. Hence it is apparent, that as all the best Medicines, so the *Peruvian Bark* may do Harm, when unskilfully applied; and, therefore, it is first necessary to enquire strictly whether any Thing lies concealed in the Body, requiring a Continuance of the Fever, in order to remove it safely and speedily; or else whether any considerable Advantage may be expected from leaving the Fever to itself, either in removing inveterate Diseases, or in so changing the Body, as to dispose it to a firmer State of Health for the Time to come: For Instance, a Quartan coming on, after an epileptic Fit, is to be left to itself, and by no Means to be meddled with.

17. *Sydenham* observes, That a long and continued Use of the Bark inclines the Patient to a scorbutic Rheumatism, which yet
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is easily curable by anti-scorbutic Medicines. But besides this, he says, he knew not of any Disorder brought upon the Patient by it, when it might be said to be properly used. Therefore we may conclude, that the bad Effects of the Bark do not proceed from the Medicine itself, but should be deservedly attributed to the improper Use of it.

18. By some are ordered three Drachms of alkaline Salts in Water, to be taken in the Interval of two Fits to cure this Disease; but they ought to be well assured that the Persons, to whom they prescribe this Remedy, are able to undergo the Operation of it. For to such as are phthifical, hectic, &c. it may prove of dangerous Consequence.

19. The same judicious Author, I have so often mentioned, says, That if the Sweat, which usually closes intermitting Fevers, is protracted, or carried to Excess, while the Patient is confined to his Bed, it very often kindles a continual Fever. Those are there-

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fore deceived, who judge that this Sweat ought by all Means to be promoted, thinking thereby to evacuate all the febrile Matter, when the Fit goes off, with such a Sweat. For daily Observations teach us, that those are, above all, most difficultly cured who melt away in profuse Sweats.

20. Sometimes, after a long intermitting Fever, the Legs swell; and, in this Case, we are prohibited the Use of Purgatives, because they will only tend, by relaxing the Fibres more, to increase the Disorder; but these Swellings are successfully relieved by Frictions of the swelled Parts, and the proper Use of medicinal Wines, with Bitters and corroborating Aromatics.

21. Neither are we to give Cathartics to our Patients too soon after their Recovery, especially if they have been cured by the Bark; for it is a common Observation, that Purging too soon after an intermitting Fever, which has been cured by the Bark, generally causes a Relapse.

22. We

22. We are absolutely to abstain from Opiates and Anodynes; for altho' they mitigate and sometimes suspend the Fit, they yet impair the Strength, and disturb the whole Progress and salutary Crisis of the Fever; so that the Cause of the Disorder becomes stronger, and the Paroxysms more violent. — Indeed when the Bark proves purgative, as it does sometimes, an Opiate in that Case is often joined with it to prevent that Effect; but I believe there are other Medicines that might have the same Efficacy, and be used with more Safety than any Preparation of Opium.

23. Epithems are applied by some People for the Cure of an intermitting Fever; and as they are in general unskilfully used, they often prove very hurtful, since they remove the Symptoms without destroying the Cause.

24. This Fever is often renewed after it is once allayed, by the Patients exposing themselves too soon, and too long, to the cold Air; it is therefore convenient for such to

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have, if possible, the Air of such a moderate Warmth, as is usual in the Spring Time.

25. All Food hard of Digestion is to be avoided during this Disorder, and not used till some considerable Time after the Patient's Recovery, lest it bring on a Return of the Malady; for, from such Sort of Food, the Nutrition will only be imperfect, and the fluid Secretions diminished, the Fibres more and more relaxed, and consequently Obstructions will be generated in the ultimate Series of Vessels, for Want of Power to comminute and push forward their contain'd Humours.

26. For the same Reason all Malt Liquor is pernicious, as it is of a viscous and glutinous Quality, and requires great Strength to assimilate it into Nourishment, or convey it out of the Body.

27. Riding on Horseback is recommended; but then it should never be violent, or continued so long as to tire, for that would do more Hurt than Good, by wasting the animal

mal Spirits, and leaving the Fibres more lax than they were before.

28. I am sensible that there are many epidemical intermitting Fevers, where it is necessary to vary from the Practice for common Intermittents. And here it is not in my Power to give any Cautions, because of their great Variety; therefore these must be left to the Skill and Discernment of the able Practitioner;

C H A P. III.

Of the slow, nervous, and hysteric Fever.

1. **F**ROM the History of these Fevers, we may observe with what Caution we should go about every Evacuation; for if we go but a little too far, it is impossible ever to make up for it again; and that, in general, it is much safer to risque an inflammatory State, which is more easily remedied than the contrary.

2. And

2. And notwithstanding the irregular, partial Heats and Flushes, which sometimes come on with great Anxiety, Restlessness, Delirium, Difficulty of Breathing, and a vast Load and Oppression on the Præcordia, so as to incline the less cautious Observer to think there may be something peripneumonic in it.—Yet even here beware of Bleeding, for you will find the Pulse very small and unequal, tho' very quick; and not only the Weakness and Fluttering of the Pulse may contra-indicate Bleeding, but also the pale, watry, limpid Urine, which is commonly attendant.

3. These Symptoms then denote the Load, Anxiety, and Oppression on the Præcordia to be from a nervous Orgasm, and not from a peripneumonic Obstruction or Inflammation: The Breathing in this Case, though thick and laborious, is not hot, but a Kind of sighing and sobbing Respiration; nor is there many Times any Kind of Cough concomitant; so that this is really from some
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Degree of Spasm on the Vitals, like that which is manifest in hysteric Fits.

4. Besides, Difficulty of Breathing, Anxiety, and Oppression, many Times precede a miliary Eruption, which often appears the seventh, ninth, or eleventh Day of this Fever, and sometimes later. (Indeed great Anxiety and Oppression of the Præcordia always precede pustular Eruptions of any Kind in all Sorts of Fevers.) Every one must therefore know how ill-timed and improper Bleeding would be on such an Occasion; when the greatest Care should be taken not to retard Nature's Operation in this Particular; which is many Times compleatly critical.

5. Yet two or three Crops of miliary Pustules have been known to succeed one another with no Manner of Relief to the Patients; nay, with Harm, as they reduced them to an extreme Weakness, altho' they were attended with large and long-continued Sweats.

6. So

6. So that however advantageous kindly breathing Sweats may happen to be, profuse Sweats are seldom or never so, even though attended with a large Eruption.

7. The Sick, it is observed, are never so easy as whilst they are in a gentle Sweat, as this removes the Exacerbations of Heat, Hurry, &c. And this Observation may have been the Occasion of many Errors in Practice, by inducing the less Judicious to give Medicines which, in their Nature, approach too near to Sudorifics, in the early State of the Fever.

8. And we cannot be too often cautioned against promoting Sweats by very strong, heating Medicines, volatile alcalious Salts, Spirits, &c. especially at the Beginning or Advance of the Fever, as the Use of such Medicines is frequently followed by a great Dejection of Spirits, Tremors, Startings of the Tendons, and they sometimes end in Rigors, cold, clammy Sweats, Syncope, or a comatose Disposition.

9. But

9. Such unhappy Effects do we often see from the pernicious Encouragement of profuse Sweatings, whether they arise naturally, or are promoted by Art.

10. And altho' they seem to produce a Change for the better, by making the Breathing less laborious; nevertheless, when the Sweating ceases, it becomes worse than before, from the great Waste of that subtiler Fluid, which conduces to carry on the Circulation properly, by invigorating the Blood, and keeping it of a due Consistence. (Besides Blisters relieve Difficulty of Breathing more effectually.)

11. Hence we may infer, that it requires a very acute Judgment to know whether Sudorific Medicines will do Service or not in these or any other Fevers: Where they do carry off the Fever, as often happens, Nature, allowed a little longer Time, would as certainly have done the Business herself: When they do not abate the Fever, they weaken the Patient so, that he has not Strength to support himself till a Crisis comes on.

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12. Yet

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12. Yet a sudden Check of the Sweats by potent Astringents, prematurely administered, is most commonly attended with convulsive Rigors, vast Oppression on the Præcordia, Syncope, Delirium, &c.

13. In the first Paragraph it is observed, That the utmost Caution, in Regard to Evacuations, is necessary; yet a gentle Emetic at the Attack of this Malady, where Nausea, Load, and Sickness at Stomach are urgent, may be indicated, and indeed is useful.

14. And so may a lenient Clyster; but if it happens to operate four or five Times, it will be detrimental.

15. A small Dose of Rhubarb, Manna, &c. is likewise prescribed with Advantage; but if you give any thing drastic, you may be assured your Patient will suffer by it, and you may repent the Consequence.

16. In Practice it is found, that a mild Vomit may be, in general, given with much
less

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less Ruffle to Nature than a common Purge.

17. Whatever Way Nature takes to carry off the Disorder, tho' the Discharges are many Times profuse, it is found by Experience they are not to be too hastily suppressed, without causing a very dangerous Translation of the morbid Matter on the vital Parts.

18. If this Fever at any Time is attended with an Hæmorrhage, or Bleeding from some of the Vessels, and strongly styptical and astringent Medicines are administered with a View to stop this Hæmorrhage, they will constantly increase the Disorder.

19. Sometimes, in this Malady, something like the Fit of a Colic happens, and the Case is mistaken for a true Colic, and Bleeding, strong Clysters, Purges, &c. are administered; which incautious Treatment often brings on Death in a surprizingly sudden Manner.

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20. Here likewise we ought to be very cautious in distinguishing, lest we should be led to mistake this Fever, with Exacerbations or Heightenings, for a genuine intermitting Fever, and with that View unwarily give the Bark.

21. If for the Looseness, accompanied with high-coloured and turbid Urine, which are the accidental Symptoms of this Fever, Astringents and the Medicines commonly ordered for a Diarrhæa are prescribed, great Mischiefs commonly ensue.

22. In this and every other Disease we ought always to be particularly careful, in distinguishing between the Disease itself, and the Symptoms which may accompany it.

23. The Patients in this Case should drink frequently, tho' such Quantities may not be necessary as in the ardent, or even putrid malignant Fevers; yet they should be sufficient to carry on the Work of Dilution, support

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support the Diaphoresis, and supply the Blood with fresh and wholesome Fluids.

24. The applying of Blisters, we find, produces extraordinary Effects in the most desperate Cases, by moderating the Distemper, and bringing on a finishing Crisis sooner; but we should, above all Things, be careful that they are applied at a proper Time of the Fever; for unless this is regarded, they may as soon prove hurtful as beneficial.

25. In this Case the Blisters are not to be too hastily dried up; the more they discharge, generally so much the better; and even if they ulcerate somewhat, it is commonly no unfavourable Symptom; for tho' it may shew the Acrimony of the Humours drained off, it is a Proof that Nature has Strength enough to expel it; so that when the Blisters begin to heal up, others should be applied to other Parts; for it is not merely from the Stimulus, but the Drain they make, that they may be serviceable.

26. Upon

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26. Upon the whole; where any of the Discharges are very immoderate, they may be prudently restrained, but not repelled; and therefore cold Air, cold Linen, cold Liquors, or a cold Regimen, are greatly improper. And yet to be always labouring by very hot Cordials, volatile alcalious Salts, and very hot Air, to raise Sweats and continue them, can never be agreeable to the Maxims of reasonable Practice.

27. The Patient's former Manner of Life is carefully to be inquired into in this (as well as every other Disorder) before you offer to prescribe: And if it is found that he has indulged himself much in the Use of Spirituous Liquors, you may be more free in giving warm and alexipharmac Medicines, &c.

28. When a Woman is seized with this slow hysteric Fever, the monthly Evacuation is commonly stopped; and this Obstruction is too often assigned as the Cause of her Disorder; yet, by endeavouring to
cure

cure her by Medicines that powerfully promote the menstrual Flux, great Mischief is frequently done, and the intended Discharge not brought on.

29. In those Fevers attended with this Obstruction, where there is a Plenitude, Bleeding will be absolutely necessary : But, with Regard to this Fever, it is exceeding dangerous, because of the present great Defect of animal Spirits, and the universal Flaccidity of all the Fibres of the Body.

30. If weak Women in Child-bed, having this Fever, do carelessly quit their Beds too soon, they are often seized with great Dejection of Spirits ; and from hence it is by no Means an uncommon Case for these Women to die surprizingly of a sudden. — And even those who escape with their Lives do frequently fall into various and very dangerous Disorders.

31. Neither

31. Neither in this Case can these weakly Women be sufficiently warned against the too-often pernicious Advice of their more robust Visitants; who, without properly distinguishing, are always mighty apt to imagine, that confining these weak Women to their Beds must tend to weaken them more; they therefore officiously advise their getting out of their Beds, and sitting up, assuring them they will, by that Means, gather Strength. But this dangerous Rashness, on the contrary, increases their Complaints, and often brings on most dreadful Symptoms, attended with miliary Eruptions, &c.

32. Where lying-in Women, by giving into the above hasty Practice, have brought on this Fever, together with a Diminution, or intire Stoppage, of the Lochia, for the most part the Consequence is a sudden Delirium. And in order to relieve this Symptom, copious Bleeding and Blisters, we fear, are too often advised, to the certain Destruction of the Patient.

33. For

33. For altho' Blisters, in general, are very serviceable where this Disorder happens, yet, to lying-in Women, they prove of the worst Consequence, by inflaming the Womb, and sometimes bringing on Mortifications and Death. For which Reason we cannot too earnestly forbid the Use of Blisters in all Disorders of puerperal Women, in the early Days of their lying-in, while the Vessels are so full, and the Parts from whence the Placenta was separated so very tender, and liable to be injured by the caustic Salts of the Cantharides. Many fatal Instances attending the Application of Blisters at this Time have been observed.

34. It is not only in lying-in Cases that Madness is sometimes a Consequence of the Neglect or ill Treatment of this Fever; for, in other Persons, it too often terminates in that Manner. — It is therefore well worth observing, since Experience confirms the Fact, that this Sort of Madness, which follows this low Fever, will by no Means yield to the common Methods for the Cure

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of Madness; because great Evacuations, as Purging, Vomiting, and especially Bleeding, always heighten the Disease, and soon either destroy the Patient, or bring on an incurable Foolishness.

C H A P. IV.

Of the malignant Fever.

1. **T**HOUGH it may, by some, be thought necessary to bleed the Strong and Robust at the Beginning of contagious Fevers, yet we should have a very careful Regard to the Nature of the Fever, as arising from Contagion, which seems to affect not only the Blood, but primarily also the animal Spirits, as the sudden Damp, Dejection, Weakness, &c. at the very Attack evidently shew.

2. So when we have a Suspicion that a Fever arises from Contagion, we ought to proceed with the greatest Caution in letting
Blood

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Blood, tho' the Symptoms may run pretty high at the Beginning, and seem to demand the taking away a large Quantity.

3. Moreover, the Lowness of Spirits complained of by the Patients is always increased by Bleeding, tho' the Pain seems to require it, and the Fulness of the Pulse to allow of it, and the Disorder seemingly slight, (tho' of itself of a dangerous Nature) generally runs on a longer Time, in Consequence of this Evacuation, than in other Patients who are not let Blood, and who, with speedier Success in the same Circumstances, are more easily cured, by only having the Body kept soluble, and making Use of gentle antiseptic, cordial Medicines.

4. Where the Texture of the Blood is over thin, with a plain Tendency to Mortification, Blood-letting, than which nothing so immediately rebates the Vigour of the Fibres, will promote it, and hasten the Death of the Patient.

5. And

5. And it is further remarked, that the Vomitings, Delirium, and convulsive Twitchings of the Tendons, which often attend this Fever, are always aggravated by Bleeding.

6. Nor is the Pressure of the Præcordia, the Inquietude and vague Pains of the Sick, or the fixed Pain in the Head, ever relieved by Bleeding; on the contrary, it increases many of these Symptoms, and brings on a Lowness and Irregularity of the Pulse, and hastens the Delirium, which is often afterwards insuperable by any Treatment.

7. Thus, in a general Way, it is hurtful to subtract any great Quantity of the vital Fluid; but if the Patient complains of severe pleuritic Stitches, and breathes with great Difficulty, a small Quantity may then be let with Safety and Advantage; for it has been sometimes observ'd, that Pleurifies have been superadded to the ordinary Symptoms of this Fever.

8. And

8. And indeed Fevers have been known to be wonderfully complicated; as for Instance, the inflammatory with the malignant, and the malignant with the nervous, and the nervous with the inflammatory Fever; but Reason and Experience direct us to pay the most Regard to that Sort, which is most prevalent, because most dangerous; nor is the other to be neglected.

9. There are Reasons that often indicate the Use of a gentle Emetic at the Beginning of this Fever; but let the Patient, after having drank a Pint or two, and no Vomiting follows, solicit a Discharge with his Finger or an oiled Feather; and, by all Means, beware of that Deluge of Drink, which is many Times very preposterously given, with an Intent to encourage the Vomiting.

10. Whenever there is a general Relaxation or Flaccidity of the Solids, a Poverty or Thinness of the Fluids, and a Languor upon the Spirits, if any Excretion be considerably enforced, some Inconvenience or
other

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other will be sure to succeed it, at such Times especially where there is no morbid Matter fit for Expulsion, nor no critical Discharge to be made from the Blood; yet it is often necessary, that not only the Stomach, but the whole intestinal Canal should be unloaded in the Beginning of this Sort of Fevers; but Observations in Practice shew the Necessity of doing it by very gentle Methods. The extreme ill Effects of acrid and strong Purgatives are too often seen; and the celebrated *Hoffman*, here, even cautions us against the Use of Senna.

11. Purging about the eighth or ninth Day in these Fevers has been found of great Advantage, unless, at that Time, some Eruption appearing, or a kindly Sweat forbid it; but the Aloetic, Scammoniate, and Colocynthida Purges, in such a putrid, dissolved, acrimonious State of the Blood, may be called Poisons, not Medicines.——Nay! we should be very cautious of allowing strong Purges to expel the Reliquiæ Morbi, even after a Recovery.

12. The

12. The Use of alcalious Salts and Spirits, without all Doubt, augments the putrescent State of the Humours, and consequently must be very hurtful, and act as so many Spurrers on to swift Destruction.

13. The Progress of this Malady is very great, when it is unhappily mistaken, and treated either as inflammatory, by cooling nitrous Salts and Bleeding, or as rheumatic, by Mercurials, Guaiacum, and alkaline Salts.

14. The Tendency of the Blood to Dissolution in this Illness is sometimes so great, that every thing in the least attenuating is not only not to be depended upon, but is in many unexpected Instances hurtful. Thus, in these Circumstances, the Spirit of Mindererus, and other neutral Salts and saline Lixiviums, which are now very indiscriminately used, greatly aggravate the Symptoms, and mere diaphoretic heating Medicines, unless liberally joined with the Bark, are very little more to be trusted.

15. What

15. What is said of volatile alcalious Salts leads to a Reflexion on the promiscuous Use of Blisters in these Fevers; which, by some, are deemed the only Anchor of Hope in such Cases; but they are many Times too hastily and improperly applied, especially in the Beginning, when the Fever runs high, and doth not demand a further Stimulant; for the Action of the Cantharides is not merely on the Skin, but on the whole nervous and vascular System; and it is not improbable but the Salts of these Flies may operate much in the same Manner as the volatile alcalious Salts, and tend to promote the Dissolution, and consequently the Putrefaction, of the Blood.

16. Obstinate Watchings, Delirium, Suppression of Urine, Tremors, Subsultus, Tendinum, &c. have been seen to attend the too early Application of Blisters.

17. Yet Nature may sometimes want a Stimulus, and often doth so, particularly towards the Decline of these Fevers, when
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the Solids grow torpid, the Circulation languid, the Spirits effœte, and the Sick comatose. Whenever such a Train of Symptoms come on, Blisters may be applied with Advantage.

18. And it may be further added, that where several Blisters are laid on in any acute Case, the Patient may suffer almost as much from the Remedy as the Disease, unless he drink very freely of Whey, Barley-Water, or some other subacid and demulcent Liquor; and these may, in a good Measure, prevent the dreadful Stranguries, &c. which attend their Application.

19. All Food that has not a Tendency to Acidity is here to be avoided, unless we approve the Practice of the *French* Surgeons, who order their Patients, in this Disorder, strong Flesh Soups and boiled Beef.

20. If at any Time of the Disease the Use of an Anodyne is allowable, it is when a Diarrhœa, or Hypercatharsis calls for instant
G Relief,

Relief, and even then the Dose ought to be light, and of the rich Alexipharmac Kind.

Persons who frequent the Beds of the Sick, either visiting or attending upon them, ought to avoid breathing in the Atmosphere, which is contiguous to the Patient's Body, as much as possible; the Saliva should never be swallowed in the Room; Myrrh may be masticated and held in the Mouth, Tobacco smoaked, and the Mouth may be washed with Vinegar, or Tincture of Myrrh in Water, after finishing those Offices which Duty and Humanity require to be performed to the Afflicted.

CHAP. V.

Of the miliary Fever.

I. **T**HIS Disease, like all others, requires different Methods of Cure, according to its different Circumstances.— But of what Kind soever the Pustules are, whether red or whitish, it is thought proper

proper, by some, to let Blood at the Beginning, if the Patient has Strength to bear the Operation, unless he be actually in a Sweat; in which Case Venæsection is either to be omitted, or at least put off to a more proper Time.

2. Indeed there may be Symptoms that require Bleeding, but in general it is observed, that the more sparingly Blood has been drawn, the more happily the Disease commonly terminates: For when the Strength has been injudiciously exhausted at the Beginning, towards the latter End the Eruption sinks in; and thus the Patient dies a Martyr to improper Treatment.

3. In this Fever, attended with either red or whitish Pustules, Blisters are recommended, yet they are more necessary in the latter.

4. But many blistering Plasters are not to be applied at once, but one after another, unless some grievous Symptom require it;

and it is to be further remarked, that as soon as the former Blister is dried up, another ought immediately to be raised, as all the Symptoms are found to run higher, just upon the drying-up of the former Vesication, and to become milder again, on the raising of other Blisters.

5. All Secretions, whether performed by Nature or Art, proceed most happily in a slow and gentle Manner. Hence it appears, that we ought only to endeavour to assist Nature to expel the morbid Matter thro' the Skin, by moderately cordial Medicines; for Delirium, convulsive Motions, and such like Accidents, are brought on by giving Medicines that are too warm.

6. And the Use of Sudorifics has been found to be successful neither in the Beginning, Middle, nor End of this Fever. Although the Softness of the Pulse, at the Beginning, might seem to demand the warmest Medicines; or its Weakness, during the Eruption, to make Stimulants necessary:—
Neither

Neither is promoting at last the natural Sweat, which appears to be a Crisis, beneficial.

7. The forcing out and keeping up Sweats, upon every Suspicion of Cold or Eruption, I know, is warranted by vulgar Practice.— But I am convinced, from repeated Examples, that Sweating in all eruptive Diseases is attended with bad Consequences.— Probably from carrying off the thinner Fluids, which should support and keep up the Eruption.

8. Talking too much, the Noise of many Visitants, &c. in short, whatever Things put the animal Spirits in a Hurry, whether they be grateful or ingrateful, are pernicious.

9. Composure in Bed is principally to be recommended, for, by a contrary Regimen used in the Beginning of the Fever, the Matter of the miliary Pustules moving towards the Skin is repelled elsewhere, and generally produces surprizing and dangerous Symp-

Symptoms; and if at that Time such Medicines be given to relieve these Symptoms, as are improper for the primary Distemper, either Death, or some chronical Effect succeeds, without any Eruption of the Pustules. From hence we may learn, why Child-bed Women, for the most part, escape more happily, *viz.* by keeping themselves quiet and calm in Bed; for by that Means they naturally fall into a mild and continued Diaphoresis, and, instead of heating Medicines, they are supported with proper and moderately cooling and diluting Nourishment.

10. Moreover, Women in Child-bed are absolutely forbid, while this Fever is upon them, rising out of their Beds; for those who seem to be well enough, while in Bed, are, immediately upon their getting up, seized with so great a Failing of Spirits, that they seem just a dying, and some of them have suddenly expired.

11. Those also who incautiously quit their Beds, imagining themselves only troubled with

with the Vapours, do presently suffer for their Rashness, by increasing the Dejection and Lowness of Spirits, and aggravating every other Symptom.

12. The external cold Air, or any Sort of cold Regimen whatsoever, is dangerous, and sometimes is the Cause of sudden Death, even when most of the Symptoms promise a speedy and happy Termination of the Malady.

13. We are here prohibited the Use of Lemon Juice, and all other Substances of an acid Taste ; for it is confirmed, by Experience, that every thing of that Sort, whether given as Food or Medicine, is hurtful.

14. Towards the Decline of the Disorder a Kind of Thrush has been known to break out, and to spread sometimes all over the Mouth and Throat. And here Gargles of Barley-Water and Syrup of Elder-Berries, and the like, are only to be used, and Repellents of all Kinds are most carefully to be avoided,

avoided, if we would not run the Hazard of a dangerous Translation of the morbid Matter.

15. At the End of the Disorder some lenitive Medicine is ordered to be taken every third or fourth Day at Bed-Time.—And all salt and sour Things, together with too great Motion of Body or Mind, are forbid, even for some Time after a Recovery, lest a Relapse should be the Consequence.

C H A P. VI.

Of the Small-Pox.

1. **A** Diligent Enquiry into the State of the Solids and Fluids, is of the utmost Concern in the Beginning of acute Diseases, particularly in the Small-Pox and other eruptive Fevers; for from hence we are to determine, whether Bleeding is necessary or not. As for Instance, where a strong Man, with a strong Pulse, is seized with violent Symptoms of the Small-Pox,
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it would be unpardonable not to bleed before the Eruption; for we cannot but suppose the inflammatory Fever will run high in such a Constitution; but it would be great Rashness to bleed Persons of a weak, lax Habit, unless some very urgent Symptom demanded it. Yet how little is this regarded in the vulgar Practice? For some bleed and vomit of Course, upon the least Appearance of an Attack of the Small-Pox; whereas others are so fearful of weakening their Patients, that they suffer them to die of the Inflammation, even abstracted from the Virulence of the Disease.

2. Hence it appears, that great Care is to be taken that the Motion of the Blood is neither too much increased, nor suffered to grow too languid; yet some Excess of Motion is necessary at this Time, since the Fever is the Instrument that Nature makes Use of to dissolve the Lensor, and cast out the morbid Matter upon the Skin; we must not then weaken the Vis Vitæ below the proper Standard.

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3. The next Thing, generally, after Bleeding, is to give a Vomit, which, if it is indicated, ought to be of that Sort that will cause the least Disturbance.

4. Very often it happens that the Patient, at the Beginning of this Disease, is seized with a Vomiting, which is then only symptomatic; and, in such a Case, Camomile or Carduus Tea may be sufficient; for if the Vomiting is violent, it may be of dangerous Consequence, increase the Irritations, and produce an Inflammation in the Stomach.

(But in the latter End of the Distemper, when the Salivation is stopt, and the Patient in Danger of being choaked with viscid Phlegm, where expectorating Medicines and Gargles is ineffectual, a proper Emetic in this Extremity has saved many Persons from the Jaws of Death.)

5. A Purge is sometimes given to cleanse more effectually the Stomach and Bowels, soon after the Vomit; but Reason and Experience

perience will direct us, where that is thought necessary, to the Use of such Purgatives as are of the mildest and gentlest Nature.

6. Bleeding is not to be complied with, where Persons, of lax Fibres and a poor thin Blood, who have lately undergone great Evacuations, are seized with the Small-Pox, as was hinted above.—Here the Patient's Strength is ordered to be supported with cordial and nervous Medicines; and this should be done, if we value his Life, without large Doses of volatile alcalious Salts, Brandy, strong Wine, &c.—Yet, in some very low depressed Cases, pretty large Quantities of Wine, when judiciously given, are attended with great Advantage.

7. But as the ridiculous Notion of forcing out the Small-Pox, without paying any Regard to the Patient's Constitution, frequently prevails, we cannot be too often admonished against giving Alexipharmacs or strong Sudorifics at the Beginning of the Disease; for more People are hurried on to Destruction

tion by being over-heated, or thrown into large and violent Sweats at the Beginning, (especially of the Flux-Pox) than by all other Errors committed at all other Times. The Reason is, all hot-acrid Medicines increase the inflammatory Stimulus of the infectious Particles upon the whole nervous System: And the great and unnatural Sweats drain the small Blood Vessels of that necessary Fluid, by which the Circulation is properly carried on, and then the Blood coagulates and choaks up the small Vessels; whence the Inflammation terminates in a Gangrene, without being able to finish the necessary Work of Impoſthumation in the Glands of the Skin.—So that we cannot pay too great Regard to that most excellent Observation of *Sydenham's*, viz. That the slower the Small-Pox come out, the more universal will be the Separation of the pocky Matter, and the better will the Pox ripen, and the less Danger will there be of their striking in.

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8. But, on the other Hand, notwithstanding what has been said, we must not be so solicitous about preventing too great an Ebullition, as to hinder the Eruption of the Pustules by the contrary Extreme, *viz.* by persisting too much and too long in a Course of Refrigerants, or by exposing the Patient to the Injuries of the Cold.

9. In a Phrenzy or Coma, proceeding from too great Heat and Ebullition of the Blood, warm Medicines are certainly to be avoided. And, in these Circumstances, Plenty of fresh Air is to be let into the Room, and the Floor strewed with cooling Herbs dipt in Vinegar, and Refrigerants with vegetable, not mineral, Acids administered.

10. For altho' we are to do what we can, when the Motion of the Blood is impetuous, to lessen it, yet we ought to do it by such Medicines as dilute and help forward the Separation of the morbid Matter; but mineral Acids, given in the Increase of the Disorder, bind the Blood Globules more firmly
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together ; and therefore, at that Time, seem to be absolutely inconsistent with the Efforts of Nature.

11. During the Stages of Eruption and Maturation, when all we have to fear is from a Lentor, or too great Viscidity of the Juices, preventing the Pustules from coming out freely, or filling as they ought, Medicines that incrassate, as mineral Acids are known to do, ought to be particularly guarded against.

12. There is a wide Difference between the Action of Vinegar or vegetable Acids, and that of Oil of Vitriol ; which seems to be too rough, astringent, and incrassating to be used during the Time of the first Fever, except it is when the Blood is dissolving and running out of its proper Channels.

13. In Fine ; they are only to be given when bloody Urine, Hæmorrhages, red Flushings, or peteetical Spots happen, from an
alkaline

alkaline Acrimony dissolving the Crasis of the Blood. But, for the Heat and Hurry of the Fever, Watching, Delirium, Inflammation, &c. mild vegetable Acids.

14. When the menstrual Discharge coincides with the Time of the Ripening of the Pustules, or is brought on at an unusual Time by the Violence of the Disease, and the Pustules should sink by Reason of this Flux of Blood, cordial Medicines and a hot Regimen are not to be complied with, because they would inevitably increase the Flux.---And the same Observation holds good in regard to the Flowings after Miscarriages, or Delivery, in case they should happen about this Time of the Disease.

15. The Application of Blisters, in order to prevent the sinking of the Pustules in the above Circumstances, is always attended with Danger; for, as they cause great Sharpness of Urine, and force so much, they must necessarily increase the Flux of Blood,
and

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and consequently prevent the Pustules from filling ; besides other Mischiefs that they are apt to produce.

16. Blisters, at the beginning of the Small-Pox, whilst the Fever rages, are not to be applied, unless some particular Symptoms require their Use ; because there is just Reason to fear, that the great Commotion raised in the Blood by the Acrimony of the Flies, may exasperate many of the Symptoms which arise from too great Heat and Effervescence of the Blood.

17. And if, in Adults, an Angina, Peripneumony, Delirium, or any other inflammatory Symptoms, with a full quick Pulse, and constipated Belly should supervene, neither Blisters nor Opiates are to be used 'till a proper Substraction of that Matter, with which the Vessels are crouded, is made.

18. In general, Anodynes are not safe 'till the Eruptions are finished ; because they thicken the Juices, and, by that Means,
obstruct

obstruct the Separation of the morbid Matter from the Blood.—But it sometimes happens, that there are convulsive Spasms, attended with such extreme Pains, as to hinder the Eruption of the Small-Pox; and, in such Cases, Opiates bid fair to relax and widen the Passages; but even here Blood-letting and Emollients should be used before them, especially if the Fever be violent, and has caused a Delirium.

19. On the 10th and 11th Day, when the Pustules are drying, when the Swelling of the Face begins to decline, and the Spitting to decrease, and the Hands do not swell as they ought to do, it is thought proper to open the Body by Clysters or gentle Cathartics, by which Means the Fever is taken off with the greatest Safety. And if this is neglected, the poisonous Matter oftentimes fixes upon some of the Viscera, and brings on sudden Death, or degenerates into an hectic Fever, or some other dangerous Distemper; such is the Necessity of some Evacuation at this Time, when the Matter

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of the Disease is over abundant, or when Nature is not able to throw off the Load by a spontaneous Spitting or Purging.

20. In Regard to Purging, as soon as the Small-Pox are turned, Dr. *Mead* gives us the following Caution, *viz.* To be very circumspect whether there be any Remains of the purulent Matter lurking under the withered Skin of the Pustules; for this is sometimes too manifestly the Case, that tho' the Scabs appear hard and dry, yet, upon some of them breaking here and there, there issues forth very foetid Matter. In this Circumstance, the Body is not to be purged, but rather supported with proper Diet, untill the Matter is all come away; that is, Purging is not to be insisted on, till the Matter in the Pustules is grown too thick to be absorbed into the Blood.

21. Narcotics are not to be given to Children in the Flux-Pox, when they have a Looseness, because if that should be stopt by them, when the Pustules are not capable
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of receiving all the morbid Matter, which used to be cast off by the Bowels, it is great Odds but it seizes on the Nerves, and brings on Delirium, Convulsions, &c.

22. Nothing has hitherto been said of Paregories in the last Stage of the Small-Pox, because many of the Symptoms require other Medicines to be considered of before them, unless it be when great Pains and Uneasinesses call for their immediate Use.

23. If the Body be costive, and especially if it has been for some Time, Opiates are improper till the Bowels have been emptied by a lenient Clyster or Purge, and then they may safely be given immediately after the Operation, in order to quell any Disturbance which may be raised by Purging, except it be when the Patient is seized with a shortness of Breath, or Danger of choaking from viscid Phlegm, because these Medicines thicken the Juices, and would therefore increase these Complaints.

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24. We shall now speak of those terrible Symptoms, Hæmorrhages and bloody Urine, which sometimes occur in the Beginning of this Distemper, and which are generally supposed to arise from too much Heat and Rarefaction of the Blood, or else from a Dissolution of its red Globules, by the Activity of the poisonous putrid Matter of the Small-Pox.—Blood is not only evacuated by Urine, but by Stool, and sometimes by the Nose, at other Times at the Mouth, when they cough, spit, or vomit. Whatever therefore will lessen the Velocity, Heat, Rarefaction, and Momentum of the Blood, thicken and condense its constituent Globules into nearer Contact with each other, must be proper in these Cases. Blood-letting will abate the Velocity, Heat, and Momentum of the Blood, and may be of Service at the Beginning, whilst the Patient's Strength will admit of it, or whilst the Blood is in an inflammatory State; but when the Crasis of the Blood is spoiled, when the red Globules are already dissolved by too great a Quantity of acrimonious Salts, letting Blood
will

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will not restrain these Complaints, but will increase them and hasten Death.

25. All active Medicines, which serve only to dissolve the Salts in the Blood, and put them in Motion, in this Case must be always attended with bad Consequences.

26. The same may be said of Blisters, it being well known that the Acrimony of the *Spanish* Flies will sometimes cause Blood to flow with the Urine, and appear in the Chamber-pot like Streaks.

27. Camphire has, by some, been strongly recommended in these Cases; but if it has a Power of dissolving the Blood, we must look upon it as a dangerous Remedy, and rather use mineral Acids, whose good Effects, where there is a Hæmorrhage, or bloody Urine, from a putrid Dissolution of the Blood, are generally acknowledged, at whatever Time of the Disease these terrible Symptoms come on.

28. In

28. In the crude, ichorose, indigestible Pox, and profuse Spitting, where the Skin and Pustules are pale and lurid, the Pulse weak, the Urine thin and watery, the warmer Medicines are necessary. And here, without Doubt, Opiates are indicated, but in such Doses as to quiet, not stupify the Patient; and indeed in all Sorts of Fevers, the most safe Method of giving Opiates is in very small Doses, and ultimately this is the most effectual; for tho' a large Dose at once more immediately procures Sleep, yet it is much less refreshing; but when it does not, a Delirium is very often the Consequence, or a long-continued Stupor. In all Events great Doses cause very great Relaxation, and universal Debility, which nothing but a fresh Dose after some Time, or a warm Cordial, will relieve. They are similar in Effects to large Doses of spirituous Liquors, which produce temporary Madness or Stupescation, ending in general Weakness, Tremors, and the utmost Dejection of Spirits. Besides, no one can say what Effect a particular Dose of Opium will have upon

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upon a particular Person, till he hath tried it; some have such a peculiar Disposition, that a very small Dose will greatly affect them; whereas others, nearly of the same apparent Strength, Constitution, &c. will take four Times the Quantity with less Effect. Some bear Diacodium, that cannot touch Opium; so that it is always prudent to begin at least with moderate Opiates, and in small Doses.

29. Yet, notwithstanding this, there are no Medicines whatever, that increassate thin acrid Humours, abate the Irritation and Defluxion, and maturate the Pustules so effectually, as Opiates properly given.— In Truth, when the Pustules are numerous, very little can be done without them, especially towards that State of the Disease when they become exceeding painful. And yet, even here, when the Salivation is extremely viscid and difficult, and the Respiration short and laborious, very great Caution should be used in giving them.

30. The

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30. The Bark is recommended by some to help forward the Maturation and Digestion of the crude ichorose Small-Pox. But giving any Thing of this Kind is strongly cautioned against, where the Respiration is difficult, the Body very costive, and the Abdomen hard and tumid, &c. at least till you have removed these Symptoms.

31. When Purging is thought necessary in the secondary Fever of the Small-Pox, it is always advised to begin with the most lenient cool Cathartics; the drastic, scammoniate, aloëtic Purges are highly improper, at least till the Fever greatly abates, then the stronger Purgatives are used, to which some join Calomel: But the imprudent Use of strong hot Purges, and the Want of duly supporting the Sick under them, may be the Reason why Purging, in the secondary Fever, has been frequently attended with ill Consequences.

32. The absurd Method of crowding up two or three Persons that have the Small-Pox

Pox into one Room, commonly practised, has been often known to be manifestly fatal; the Stench, the Groans, the Cries, &c. of one, disturb and offend the others.

33. Some are so afraid of giving the Sick Cold, that they confine the putrid Air in such a Manner, as to be greatly detrimental to the Patients; for it is surprizing to find how much they are refreshed on changing the Air of the Room, by prudently opening the Windows and Doors, and removing the stinking Linen, &c.

34. And whatever may be pretended, there is no Manner of Danger in shifting the Sick, provided it be carefully done into very dry warm Linen; but it is a foolish Notion to have a Shirt worn by another Person, before it be put on the sick Person, because the Perspiration of the most healthy will damp it.

35. Lastly, I think, it may not be improper to add one general Rule, which the

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learned Dr. *Mead* has favoured us with; which is, That whatever acute Disease comes upon the Small-Pox, it requires to be treated with its own peculiar Medicines.

C H A P. VII.

Of the Measles.

1. **T**HE greatest Danger to be apprehended from this Disease, is an Inflammation of the Lungs; to obviate which, as soon as possible, our utmost Care should be employed. And notwithstanding the vulgar Opinion, we must take away Blood at the Beginning, according to the Age, Strength, and Circumstances of the Patient.

2. Nay, further, if that Operation has not been performed before the Coming out of the Measles, we shall be blamed by the Experienced, if we do not let Blood, altho' the Pustules have already appeared, especially

cially if the Fever is very high, and even repeat the Bleeding, if the Urgency of the Symptoms require it.

3. We must not defer Venæsection till the Decline of the Disease, when a hot Regimen has brought on more or less of a Cough, Difficulty of Breathing, &c.

4. In Fevers, attended with Eruptions, to the common People, it appears a dangerous Practice to bleed, especially Children, whom this Disease chiefly attacks, lest it should hinder Nature from forcing out the morbid Matter sufficiently.

5. When the Violence of the Fever, Difficulty of Respiration, &c. demand it, even the tenderest Infants may be let Blood; for it is found, by Experience, that this Operation may be performed with as much Advantage to Children as to Adults, and may be repeated if the Symptoms are urgent,

6. And during the Increase of this Fever, altho' Venæsection has been perform'd in the

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Beginning, yet sometimes there is a Necessity of repeating the Operation; and when that appears, we are not, from an ill-grounded Fear, to omit it.

7. It is unpardonable not to bleed, when the Disease is going off, and the Pustules are already dried upon the Skin; for if this seasonable Evacuation is omitted, the consequent Inconveniences of a Defluxion upon the Breast and Intestines, a Hectic or Consumption are always to be dreaded.

8. The Measles generally disappear on the eighth Day; we must not therefore absurdly imagine, that the Symptoms which succeed upon their going off are occasioned by their striking in too soon, and unwarily administer heating Medicines; for in that Time they commonly run thro' their whole Course.

9. When the Measles begin to dry, the Fever and Difficulty of Breathing begin to increase, and the Cough becomes more trouble-

troublesome, so that the Patient can get no Rest in the Day, and very little in the Night : In these Circumstances, whatever tends to make the Motion of the Blood quicker, must be carefully avoided.

10. Children are most subject to the Evils which come on at the Declension of this Malady, especially when the Disease has been treated at the Beginning with Alexipharmacs, &c. For, from hence arises a Peripneumony, very often not superable by any Medicines, and destroys greater Numbers than the Small-Pox, or any of its concomitant Symptoms. The violent Cough, often so harrassing, even in the mildest Kind, and which no Sort of Treatment in the first Stages, yet known, has been capable of preventing, would incline us to believe, that the true Nature of this Disorder is not fully discovered.

11. The Sick are not to be loaded with too many Bed-Clothes, for this increases always the Difficulty of Respiration, and by
this

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this Means too immoderate Sweats are forced out; which so far from relieving, that they aggravate every bad Symptom.

12. Sometimes also, after using an exceeding hot Regimen, the Eruptions turn livid, and then black; but this happens only in Adults, who are irrecoverably lost, upon the first Appearance of the Blackness, unless they immediately be relieved by Bleeding, Elixir of Vitriol, &c.

13. As the Measles, in their Nature, are thought nearly to resemble the Small-Pox, they must likewise agree pretty much in the Method of Cure; so that hot Medicines must not here, at all Events, be given, no more than in the Small-Pox, whatever some unskilful Nurses may say about driving the Disease from the Heart; the different Circumstances of the Patient should direct us to the proper Treatment.

14. Neither are we to run into the contrary Extreme, and by a very cold Regimen,
cold

cold Air imprudently admitted, &c. left, by these Means, we should cause the Pustules to be repelled.

15. *Sydenham* observes, That the Looseness that frequently accompanies this Fever, and which, he says, has its Rise from the Effluvia of the inflamed Blood rushing into the Intestines, is only to be relieved by Venæsection. Hence we ought to conclude, that strong and powerful Astringents are to be avoided.

16. Neither will that Looseness, which sometimes succeeds this Disease, and continues for several Weeks after all the Symptoms are gone off, be relieved by the Methods commonly used for the Cure of a Diarrhæa.

17. Anodynes are not to be given in the early Days of this Disease, for they thicken the Humours, make the Breathing difficult, and hinder the Eruption.

18. And

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18. And, in the Increase of this Disorder, Opiates cannot be too sparingly used; but, in its Decline, when the Cough, from the acrid Defluxion on the Lungs, becomes troublesome and threatens a Consumption, they may be of the greatest Use, when proper Purges are substituted at convenient Intervals.

19. To diluting Medicines, and such as are of Service in the Small-Pox, we are not to forget those that have a Power of mitigating the Cough, and promoting Expectoration, as oily Linctus's with a little Nitre, &c.

20. In the Beginning, and during the whole Disease, it is thought useful to guard against Costiveness and Putridity; for which Reason, what loosens the Belly, and corrects putrid Acrimony, and promotes Urine, as Figs, Raisins, Tamarinds, Wine-Whey, Lemonade, Rhenish and Mosell Wines well diluted with Water, &c. are only to be advised.

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21. The Diet is to be regulated according to the different Stadia of the Disorder; but no Flesh or Fish is allowed, lest a very great Difficulty of Breathing, and other bad Symptoms, should ensue.

22. The Want of proper Purgings, after this Disease is gone off, has been very often attended with great Detriment to the Patient, for the poisonous Reliques have occasioned, afterwards, internal Abscesses, malignant Ulcers, a Consumption, Dropsy, Blindness, &c. We ought therefore to remember, that Purgings, after this Distemper, is as necessary as Purgings after the Small-Pox.

23. Many have required frequent Purgings, Æthiops Mineral; &c. for a considerable Time after the Disorder is gone off, and a Milk-Diet: And here we must observe, that Milk, in a watery dissolv'd State of the Blood, is much preferable to Whey; but Whey, where there is an inflammatory State of the Blood, never fails to do Service.

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24. The Patient is not to expose himself too soon after his Recovery to the Cold ; or be too hasty in changing a plain simple cooling Diet for high-seasoned Dishes and strong Liquors, lest he should be seized with a suffocating Catarrh, Asthma, Phthisis, &c.

C H A P. VIII.

Of a Pleurisy.

1. **S**OME imagine that there is no Pleurisy, if there is no Pain in the Side ; and the common People even fancy, that the Left Side only is obnoxious to this Malady ; from whence they frequently neglect the Distemper, to the utmost Danger of the Patient, when the Pain lies on the Right Side. But any Part of the Membrane, called the Pleura, which besets all the Ribs inwardly, is liable to be attacked by it ; so it is evident, that its Seat may be in the fore or back Part, Right or Left Side, higher or lower, more outward or deeper, and take
up

up a larger or less Space, according to the Violence of the Inflammation.

2. Immediately at the Beginning of this Disease, Blood-letting, from a large Orifice, even ad Deliquium, is ordered; but if, thro' Neglect or Folly, it has not been performed before the fourth Day, and there are Signs that denote the Disease has a Tendency to go off spontaneously by Spitting, &c. then this Operation is not to be complied with.

3. Those who have attempted to cure this Disease, by anti-pleuritic Specifics, without Blood-letting, sometimes have rejoiced to find the Fever, that before raged, (in the Inflammatory, and Beginning of the suppuratory Stages) suddenly abate, and even cease when the Matter is once formed; but then they have afterwards found an Empyema succeeded with an hectic Fever, and a Consumption, of which Numbers have perished, who believed they should be cured without Blood-letting.

4. And lest any should fear to order Venæsection in the Beginning of a Pleurisy, thinking it might hinder the Endeavours of Nature to expel the Matter; it must be noted, that this Evacuation, when made at the Attack of the Disorder, is never once observed to be mischievous, even in those Pleurisies, where, after an Abatement of the Malady, there has followed a Concoction and Excretion of the Matter of the Distemper, thro' the various Outlets enumerated by the celebrated *Boerhaave*, in the 888th Section of his Aphorisms.

5. The antient Physicians were timerous of bleeding Infants, old People, and Women with Child; yet in our Days we are taught, from unerring Observations, that even in these the Lancet may be very safely used, provided the Quantity of Blood drawn be proportionable to the Age, Strength, and Circumstances of the Patient.

6. A Vein sometimes has been opened, while the menstrual Flux has been upon the Patient,

Patient, if her Breathing appeared much hinder'd.—And even in Child-bed Women, seized with a Pleurisy, altho' they had the lochial Flux, Blood-letting has been found of considerable Use. But then the greatest Care and Circumspection are necessary in these critical Circumstances.

7. *Sydenham* placed the sole Cure of a Pleurisy in Blood-letting, whenever the Symptoms continued or returned; and assures us, that he never observed any Mischief ensue from those Blood-lettings, which, to the Unskilful, seemed too copious. This Applause of the Lancet encouraged some to persist in repeated Venæsections, if there remained the least of the former Pains, untill they had quite exhausted their Patients; who, therefore, never recover'd, or, at least, fell afterwards into some languishing chronic Distemper, more especially a Dropsy; but they understood not the Intention of *Sydenham*; for his Advice is expressly to repeat the Blood-letting, when the Pain and other Symptoms become very severe. For
altho'

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altho' some Pain, and a slight Fever, may yet remain, if the Breathing be not thereby very considerably hindered, nor any dangerous Event threatened, we must weaken the Powers no further, as they are required to digest or throw off what yet remains of the Malady.

8. It is plain that a Pleurisy is an inflammatory Malady, with an acute Fever; and therefore every Thing that will dissipate the watery Parts of the Blood, increase its Density, and febrile Motion or Heat, are highly prejudicial.

9. Hence the Unskilful, many Times, commit great Errors in this Malady, when Pleurifies being frequent in severe Seasons, they unwarily administer the most heating Medicines, and imagine they shall be able to cure the Distemper, by forcing out a Sweat; but this drains and dissipates the watery Part of the Blood too much, and makes the Remainder more apt to obstruct.

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10. As Pleurifies frequently arise from taking Cold, after the Body has been heated by Labour or Exercise, it is customary with the common People to treat the Onset of this Disease with the most heating and Spirituous Medicines, before they venture to call a Physician; and this, in order to disperse a supposed Wind in the Blood, or sweat out the Disorder, which they imagine to arise from taking Cold, and to be the Cause of this Pain. But such hot Medicines crisp or dry up the Solids, and coagulate the Fluids, so as greatly to increase the Motion of the Fever; and are therefore here in the last Degree mischievous.

11. Moreover *Sydenham* has observed, That copious Blood-letting and cooling Medicines would often be of no Benefit, if the Patients were always kept confined to their Beds, more especially if they were much loaded with Bed-Clothes.

12. If then, every Thing that irritates, heats, and accelerates the Course of the Blood

is

is to be avoided, what are we to think of Blisters? And certainly, where there are Signs of a violent Fever, great Heat, and a dangerous Putrefaction, the Use of Cantharides is not at all safe: But when the Violence of the Fever has been first greatly abated, by necessary Blood-letting, and there are no apparent Signs of Putrefaction in the Urine and intestinal Fæces, while the Pain still continues, or the Lungs begin to be oppressed, then Blisters promise much Good.— And in such a Case a Blister applied to the painful Side has been attended with very good Effects.

13. The cooling Decoctions may be taken to a great Quantity in the whole; but in small Doses at a Time, as three or four Ounces of the Barley-Water or Decoctions that are proper, every half Hour; but it ought, upon all Accounts, to be given warm; for the drinking any Liquor cold is very hurtful to pleuritic Patients.

14. Syden-

14. *Sydenham* always prohibited his Patients Flesh, and Flesh-Broths, however small, in Pleurifies, and allowed only Barley and Oat Gruels and Panada; and after all the Symptoms were grown moderate or inconsiderable, he still interdicted his Patients, for many Days, the Use of all Spirituous Drinks and grosser Aliments.

15. Whatever, either in Diet or Medicine, by its Acrimony, affects the Intestines too much, is to be carefully avoided.—Altho' *Hippocrates* constantly advises to clyster in the Beginning of Pleurifies, yet he gives this exceeding good Caution, that we should neither suffer the Body to be too costive, lest it increase the Fever, nor too loose, lest both the Strength and Spitting fail.

16. When there is an easy Respiration, and a Spitting of good Matter, white, light, and smooth, Nature is not to be disturbed, for this denotes an easy and happy Termination of the Disease; and, in these moderate Circumstances, the best Remedy is to
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use no Medicines at all; only the Patient's Strength is to be kept up with a light thin Diet, and the Blood plentifully supplied with diluting attenuating Liquors, and the painful Parts fomented with the most emollient Remedies, that the Vessels, by these Means, rendered easily dilatable, may transmit the hesitating Matter.

17. Watchfulness disorders the Body, when it is in Health; and therefore Sleep should be indulged; and if it comes not naturally, may be solicited by farinacious Emulsions of the cold Seeds with Almonds, &c. to which some join the mildest Anodynes, more especially those prepared from the Flower of the Poppy, which are seldom mischievous; but the stronger Opiates, as they suppress most of the Excretions from the Body, cannot so safely be used.—Yet, notwithstanding, the Violence of the Pain sometimes unquestionably demands the Use of Opiates; but we must take Care always that the Lancet is not sparingly used, before we enter upon them; neither at that Time
must

must the Pulse be very hard, quick, and tense, nor the Fever high.

18. When, in this Disorder, the great Pain suddenly ceases, it is a Sign that a Gangrene is commenced: And here the Practitioner ought carefully to regard what Opinion he gives, for the Patient seems to himself to be much at Ease both in Body and Mind; but within a very little Time he dies, to the Surpize of his Friends, and the Reproach of the Doctor, if he pronounced him out of Danger.—In this Case great Attention is to be paid to the Pulse; if it is good, the Patient may recover; but if it is unsteady, weak, and fluttering, with a Coldness of the Extremities, Death is at Hand.

19. When once the Distemper is over, great Care should be taken that the recovering Patient be not allowed to fill too fast with Nourishment; for often, in this Malady, the Danger of Death is not to be avoided but by considerable Losses of Blood: And it appears that the Loss of healthy indigenous

Humours hinders the Assimilation of the ingested Aliment into the Nature of healthy vital Juices; therefore it is to be feared, that a sudden Repletion with gross or unassimilated Chyle might obstruct the Lungs, and cause a dangerous Return of the Disease, and is what *Hippocrates* cautions against, when he treats on a Pleurisy; for he says, But even after the critical Excretions are ended, the Strength must be supported with light Aliments, with Rest of Body; and at the same Time one must guard against Winds, Overfeedings, Aliments sour, salted, fat or smoaked, Flatulency of the Bowels, laborious Exercise, and Venery; for if there is a Relapse of the Disease, Death is the Consequence.

20. When the Patient has recovered his Strength, it is customary to give Purges; for, by that Practice, whatever remains indigested in the first Passages, during the Patient's Recovery, or any Remains of the Bile and other Juices thrown into the Stomach and Bowels from any Change of Habit by the Malady, are expelled; which, if any longer retained

retained in the Body, might otherwise be mischievous.

CHAP. IX.

Of a Peripneumony or Inflammation of the Lungs.

1. **A** Peripneumony arising from a violent Inflammation of the Lungs, by a very sizely dense Blood obstructing many of the pulmonary and bronchial Arteries, is quite a different Disease, and requires a very different Treatment from an Obstruction in the Lungs, by a heavy viscid pituitous Matter, as is the Case, in which late Writers call a false or spurious Peripneumony: And this again should be managed in a Method very different from that depending on a thin acrid Defluxion of the Lungs. And yet there are some general Symptoms common to them all, particularly a Load at the Breast, a short difficult Breathing, a Cough, and more or less of a Fever;

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Féver; which few obvious Symptoms, however, give the general Name of a Peripneumony. In this Chapter we shall only have regard to that Peripneumony which proceeds from a violent Inflammation, and in the following mention the other.

2. Although Bleeding ad Deliquium may be thought proper in a Pleurisy; yet, in this Disorder, *Aretæus* is not willing to let the Patient Blood till he faints, for Fear of increasing, by that Means, the Danger of Suffocation, which Fear is not without Foundation. For altho' it is indeed true, that a copious Blood-letting continued till the Patient faints away, is a most efficacious Remedy for the Cure of Inflammations, as it takes off the whole Impulse of the vital Fluid urging behind the obstructed Parts of the Vessels, and the Vessels contracting themselves drive back the obstructing Particles towards their larger Capacities; but the Valves seated in the right arterial Orifice of the Heart prevent this retrograde Motion of the Blood in the pulmonary Arteries,
when

when Fainting is either present or at Hand; and therefore little Good can be expected from such a profuse Bleeding. In the mean Time, when the Patient faints, the Motion of the Heart ceases, whence all the Humours stagnate in the Lungs; and at the same Time the extreme Parts being contracted by Cold, propel the venal Blood into the Sinus of the Vena Cava, the right Auricle and Ventricle of the Heart, where, being collected, it stagnates, and is disposed to Concretion, or even frequently is hardened into polypous Fleeces; so that soon after, when the Patient revives from the Swoon, that Blood which is now almost concreted will be drove through the Lungs, which are already in many Parts obstructed. Hence, therefore, the Danger of increasing the Disease by this Means is evident: For we see that People, who faint from any Cause, are, soon after they recover themselves, troubled with Anguish and Sighings, and complain of an Oppression at the Breast, untill the Particles of the Blood, which began to cohere, are again divided by the Action of the Vessels

Vessels and Lungs, by which Means the free Motion of the Blood thro' the Vessels is restored.

3. It is therefore adviseable to bleed the Patient lying down upon the Bed, as thus there will be less Danger of fainting; and then the Bleeding may be sufficiently copious and from a large Orifice, but not continued till Weakness ensues; for it should rather be repeated again afterwards, if there is a Necessity. Hence *Aretæus*, tho' he recommends Blood-letting from both Arms at the same Time, gives it as an Admonition immediately to stop the Bleeding, if the Breathing, becoming easier, denotes that the Lungs are relieved; and afterwards he would have the Bleeding repeated, if the Increase of the Symptoms calls for it.

4. And notwithstanding it is found that large and repeated Bleeding, at the Beginning, is indispensibly necessary; yet if, after the second or third Bleeding, the Patient begins

gins to spit off freely a well-concocted Matter, tinged with Blood, you are to restrain any further Evacuations that Way, otherwise you weaken your Patient without Necessity, and often intirely suppress the Expectoration, to his utter Ruin.

-5. When once the Phlegmon is too far advanced to be resolved, Bleeding is really disadvantageous, as retarding the next Operation of Nature to free herself from the offending obstructing Matter by a kindly Suppuration: For, by this Means, the Matter is made to stagnate longer, and so grow more and more acrimonious; which, at length, by affecting the adjacent Parts, forms a much larger Imposthume than would have happened at first, if Nature had been left to her own regular Proceedings.

6. And where a copious Expectoration of laudable Matter goes on pretty easily, though it should still continue tinged with Blood, it shews plainly the Resolution and Concoction of the new Inflammation, (for

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the confined Matter may compress the adjacent Vessels, so as to produce a new Inflammation) which may be resolved by Spitting; and here, therefore, we are not officiously to interfere with the Lancet.—— For when a Peripneumony is cured by Spitting, and small Particles of Blood are mixed with the Spittle, this does not proceed from a Rupture or Erosion of the Vessels, but merely from a Dilatation of the extreme Ends of the Arteries opening into the Cavity of the Bronchia; and this Way the obstructing Matter becomes discharged with the most happy Success.

7. But some perceiving the Spitting thus tinged with Blood, and mistaking it for an ill Presage, and being unjustly alarmed, as if a dangerous Spitting of Blood was at Hand, attempt to suppress it with Medicines that astringe and incrassate; but these cannot have attended to Nature's Operations, or they would not so essentially counter-act her.

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8. The proper Evacuations then being premised, if a Spitting does not come on, and the Difficulty of Breathing is urgent, and no Signs that Nature will remove the Disease by Stool or Urine, or that an Abscess is forming, every Thing that can any way promote a Spitting is to be attempted; but the utmost Care should be taken never to give strong Expectorants in the Beginning of Peripneumonies, till proper Bleeding, &c. may have allayed the Impetuosity of the Blood and Fever, otherwise they will increase the Inflammation and Danger of Suffocation, and, in the Event, intercept that Matter they were intended to bring up. According to *Hippocrates*, the Matter should be first concocted and then expectorated.

9. When the Spitting begins, and is of a proper Nature, we must be careful not to promote any other Evacuation, nor be so free in the Use of Oxy-mel Scilliticum, oily Medicines, gum-mose Mixtures, and pectoral Decoctions, as to bring on any considerable Purging; for that will certainly

suppress the Expectoration, and endanger the Life of the Patient.

10. If the Physician sees that Nature attempts to relieve the Patient by Stool, he is not to interfere with the Lancet, or Medicines that will disturb her: For *Hippocrates* is certainly in the Right, when he says, That the Physician is to assist, not force, Nature; he is only her Servant, and very unfit to command her.

11. Therefore if the Disease endeavours to run off by a gentle Diarrhæa or Flux, emollient Clysters and Purges are of Service; but the Stimulus of the stronger Cathartics would be certainly mischievous, since only a gentle loosening of the Bowels, and not a violent Purging, is required.

12. And Fomentations, prepared of emollient Herbs by Decoction, should be applied warm in Flannel Cloths to the Abdomen, in order to solicit the Matter that Way, which spontaneously inclines thither, being

being very cautious; at the same Time, not to let these Applications grow cold; for, by that Means, they may do great Mischief instead of Good.

13. Rest of Body and Mind are required to render the Motion of the Humours thro' the Vessels very sedate, a Circumstance absolutely necessary towards the mild Resolution of an Inflammation; for it is plain, that the Passions of the Mind, and muscular Motion, increase the Velocity of the Circulation. But the Lungs, above all Parts, are soonest and most powerfully affected by an increased Velocity of the Blood; because the whole Mass of that Fluid must pass once thro' the Lungs, in the same Time that it pervades all the other Parts of the Body, agreeable to the ordinary Course of Circulation, by which the Matter may be drove further into the narrow Extremities of the converging Vessels, whence the Resolution will be rendered more difficult.— From hence we observe, that all volatile alcalious Medicines, as well as Blisters, are highly

highly improper, especially in the Increase of this Disorder.

14. In a Difficulty of Breathing, so long as there is no Discharge from the Lungs, and the Disease vehement, the Patient is to abstain from all Sorts of Spoon-Meats, for the Flatulency of that Sort of Diet will increase the Straitness and Difficulty of Breathing.

15. And, indeed, as an exact Regimen of Diet is required in this, as the most violent Fever, therefore the Patient should eat nothing that is viscid or glutinous, as Flesh, Eggs, or Milk; but should be supplied plentifully with the freshest Whey of Milk, Barley-Water, Water-Gruel, or Butter-Milk Whey, for no Food is wanted, and the Patient can be supported with the above Liquors to the ninth Day; which, for the most Part, is critical.

16. But large Draughts of Liquors should not be taken at once, for they over-charge the
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the Stomach, produce Indigestion and Flatulence, and force up the Diaphragm too much, which greatly embarrasses Respiration.

17. Neither can we sufficiently caution peripneumonic Patients against drinking plentifully of cold Liquors, or imprudently admitting the cold Air suddenly into the Room where they lie; for, from this Cause, it is not unusual for a dangerous Suppression of the Spitting to ensue.

18. But while we are anxious to avoid too great Coldness, we are not to run into another Extreme; namely, too great Heat of the Chamber wherein the Patient lies. For it is well known, that the most healthy People breathing in a hot Air, have all the internal Parts of the Mouth, Nose, and Wind-pipe, and Surface of the Lungs themselves, extremely dry, insomuch that they are scarce able to swallow, from the great Dryness of the Membranes. And it is no

Wonder,

Wonder if the same Effect follows from the same Cause in those who are diseased.

19. And altho' it may be allowable to endeavour to moderate the Cough by Diacodium, a soft Linctus, or the like; yet strong Astringents, or large Doses of Opiates, must, upon no Account, be used, as they have been known to occasion great Difficulty of Breathing, and even Danger of Suffocation.

20. And in Regard to Abscesses; to foresee these, more especially, requires a careful Attention, lest the Physician, being ignorant of them, should, unseasonably, by his Art, disturb the Metastasis or Translation, which is about, or already begun, to be formed: That he may apply such Things to those Parts which may, without Danger, be occupied by these Abscesses, and which may solicit the Matter that Way, and render those Parts less resisting.

21. When

21. When an Abscess is forming, Blood-letting will not be convenient, since it weakens the Powers, and, by that Means, retards the Maturation; but if the extreme Anguish about the Breast makes it seem necessary to open a Vein, or if the too great Violence of the Fever requires to be thus abated, it will suffice to take only so small a Quantity as may relieve the Symptoms, and reduce the Fever to its just Standard, without sinking it too low.

22. In the mean Time, it will be convenient to promote the Maturity of the crude inflammatory Matter, by all the Endeavours of Art, and to evacuate it when matured; otherwise there will be just Reason to fear, that the formed Abscess, swelling with the confined Matter, may compress the adjacent Vessels, so as to produce a new Inflammation; which likewise suppurating will create a new Abscess, or else increase the Bulk of the former.

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23. As soon as the Signs inform us that the Abscess is broke, Milk will here afford a very useful Aliment and Remedy at the same Time.—But since the Chyle, which often retains the Nature of the Aliments a long Time, must, of Necessity, pass thro' the Lungs, immediately after it is mixed with the Blood; therefore great Care is to be taken not to let the Aliments be such as may afford an acrid Chyle, capable of irritating the ulcerated Part of the Lungs, and of exciting a new Inflammation; for thus the Suppuration would be increased, which the Indication rather demands to be diminished.

24. From all that has been hitherto said, it appears how much the Method of Cure ought to be varied, though the Distemper continues under the same Name; and it is likewise evident, that an accurate Knowledge of the History of a Peripneumony is necessary, in order to apply Remedies with Success, since what is serviceable at one Time
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of the Disease, may be of the most pernicious Consequence at another.

25. I cannot conclude this Chapter, without admonishing every one not to neglect any Disorder of the Lungs, however slight it may appear; as the Part affected is one of the vital Organs, a slight Distemper in which is never without Danger, from the Viscus being so extremely necessary to Life, as we may have been convinced by many fatal Instances, where the Patients have neglected a slight Peripneumony, under a Notion of being a Sort of Cold or Catarrh; and therefore, observing no Regimen in their Diet, nor making Use of proper Remedies, they frequently had the Disease end in a fatal Vomica and Consumption of the Lungs,

C H A P. X.

Of a spurious Peripneumony.

1. **I**N the foregoing Case, speedy, large, and repeated Bleeding was necessary to lessen the Quantity and Force of the too rapid Blood, with the most cooling, relaxing, and diluting Diet and Medicines; but here a different Method of Cure is to be pursued, altho' it may indeed be sometimes needful to draw off some Blood at the very Beginning to prevent the further Impaction of the obstructing Lentor.

2. Moreover, tho' Blood-letting should indeed seem to procure present Ease, as to the Oppression about the Breast, the Patient, in general, grows considerably weaker after Bleeding. And as this, in an especial Manner, weakens the Powers of Nature, it may increase the phlegmatic Lentor, which is the material Cause of this Disease: Consequently,
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if it is either too copious, or repeated, it will be highly injurious, especially to People of gross Habits, and that have passed the Flower of their Age.

3. It was customary with *Sydenham* to renew the Blood-letting on the third Day of the Disease; but since Blood-letting is only allowed in the present Disease, upon urgent Necessity, therefore it is most advisable to abstain from repeating it, if the Lungs are before relieved.

4. From hence it appears, that Blood-letting to a large Quantity, or a Repetition of the Operation, is by no Means allowable; for Bleeding at first is chiefly in order to make Room for inciding Attenuants, Detergents, Expectorants, gentle Vomits, and proper Purges, with the free Use of Blisters.

5. As Bleeding, on the one Hand, is to be used with great Caution, so, on the other, are those stimulating Remedies that are recommended in this Disease; for, by these,
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the Motion of the Humours being accelerated, the Heart is contracted more frequently and forcibly in a given Time, will urge the Blood more into the pulmonary Artery; and consequently, if the Humours are not fluxile, and the Vessels pervious, the phlegmatic obstructing Matter will be drove into the narrower Extremities of the Vessels; thus the obstructed Vessels will be more distended, and more straiten the adjacent pervious Vessels, by compressing them; and therefore all the Maladies will be increased, and the Disease will be very soon fatal, of which we are assured so frequently by many fatal Instances, when Patients, or their Attendants, accusing the Coldness of the Air, as the only Cause of the Disease, make use of the hottest Medicines, as beaten Pepper or Ginger with Honey, strong fermented Liquors, Brandy, &c. the ill Effects of which *Sydenham* has observed, and tells us, by too free a Use of the like Things, all the Passages of the Lungs are shut up in this Distemper.

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6. The morbid Lensor too, by very heating Medicines, may be forced in too great Quantities on the Vessels of the Brain, and be accumulated there as well as in the Lungs; and it is evidently so from the Giddiness, Pain, and Heaviness of the Head, which commonly attend the spurious Peripneumony.

7. The frequent Injection of Clysters is thought proper, untill the Respiration becoming easy, and the Strength of the Pulse greater, we, by that Means, know the Lungs are relieved; but as soon as we perceive this Clysters are to be laid aside, to avoid weakening the Body too much.

8. A mild cooling Purge is, by Sydenham, recommended to be taken every other Day, untill the Patient recovers; but then only such purgative Medicines which act with a resolving Power at the same Time, without evacuating the most fluid Juices from the Body, can be likely to do Service here.

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9. The warm and moist Vapours, which are so much recommended in the Cure of a true Peripneumony, may be of some Use in the present Case: Notwithstanding a copious Use of warm watery Liquors may be mischievous to relaxed and phlegmatic Habits; but here we should make Use of them no further than untill the Lungs are relieved.

10. The Efficacy of Blisters for exciting, by their acrid Stimulus, the too languid Motion of the Humours, and, at the same Time, for dividing and attenuating all that is phlegmatic and inactive, is here more especially seen. These may be applied without the least Danger of loading the Lungs too much by that Increase of Motion, which they communicate to the Humours; and after Blood-letting, and diluting Clysters have been used, they have the most happy Effects.

11. When the Limbs are torpid and coldish, they should be well rubbed before the Blisters are laid on, and after wrapped
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up in Flannel; for unless this is done the Rising of the Blisters, and the consequent Discharge, may not follow.

12. But the different Degrees of Heat, Fever, and Difficulty of Breathing, the State of the Pulse, Blood, and other concomitant Symptoms can only determine in what Manner, and to what Degree, very attenuating and warm Medicines, or those of a cooler Kind, may be made Use of.

13. Opiates and oily mucilaginous Medicines, in this Case, defeat all the Efforts of Nature to free herself from the obstructing Lensor.

14. Hence it is evident that a false Peripneumony is difficult to treat properly, and that the greatest Caution and Prudence are required in the Management of it.—In short; each particular Disease, in every individual Patient, is to be considered by the attending Physician, not according to the Name, but according to the Nature, Causes,

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and Symptoms of the particular Disease in that particular Person, and Measures should be taken accordingly.

15. A Peripneumony depending on a thin acrid Defluxion on the Lungs,—may require Bleeding to hinder the Advance of the Inflammation; but here the soft lubricating demulcent Method, with some proper and frequent Opiates, in moderate Doses, are demanded, which, in the above Case, would be absolutely fatal.

16. When Blood is here drawn, it either appears loose, thin, and florid, or more commonly of a darkish livid Hue, and not coated over with a thick viscid Buff, as in common Inflammations of the Lungs, and the Patient very often soon sinks after Bleeding; therefore we ought to proceed with great Caution as to Blood-letting, tho' the Cough and Oppression at the Breast be very urgent.

17. Spirit

17. Spirit of Hartshorn is liberally given by some in a Peripneumony, without considering to whom they give it, or knowing that there are great Differences in this Disorder; but here, as it dissolves the Blood, and renders it more acrid, and often causes profuse Hæmorrhages, it must be highly improper. (And as it has these Effects, it should be well considered by those, who, when in tolerable Health, make a Practice of taking so freely and frequently of this Spirit.)

18. The Author of the second Book *de Morbis*, amongst the *Hippocratic* Writings, advises to purge in an Erysipelas of the Lungs, where the Expectoration is large and thin.—And the good Effects of Purgatives, in these Catarrhal Peripneumonies, have been experienced by later Practitioners, though they are utterly improper in those that are attended with a laudable concocted Expectoration.

19. Blisters

19. Blisters are seldom found of Service in this Case, often indeed mischievous, fretting much, and venting a vast deal of thin bloody Matter; and sometimes the Places where they are applied have a plain Tendency to Mortification.

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18. The Author of the second Book of Moses amongst the Mosaic Writers, advises to purge in an Hypochole of the Lungs, where the Expectoration is large and thin. And the good Effects of this, given in such Catarrhal Peripneumonies, have been experienced by later Practitioners, though they are usually improper in those that are attended with a lamable connected Expectoration.

19. Blisters

